

Roasted Fish Crispy Slaw Wrap

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, Sandwiches, F-13r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh red cabbage, shredded	3 lb 2 oz	1 gal 1 cup	6 lb 4 oz	2 gal 2 cups	1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
*Fresh white cabbage, shredded	3 lb 2 oz	3 qt 1 cup	6 lb 4 oz	1 gal 2 1/2 qt	
*Fresh carrots, shredded	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	2. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
*Fresh bok choy, julienne sliced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
Fresh cilantro, chopped		1 cup	3 oz	2 cups	
Light Balsamic vinaigrette dressing		1 qt 2/3 cup		2 qt 1 1/3 cups	
Frozen Tilapia filets, thawed (4 oz portions)	12 lb 8 oz	50 pieces	25 lb	100 pieces	3. Place Tilapia portions on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.
Extra virgin olive oil		1/2 cup		1 cup	
					4. Brush oil on Tilapia and sprinkle with salt-free

Salt-free chili-lime seasoning blend	2 oz	1/2 cup 2 Tbsp	4 oz	1 1/4 cups	<p>5. Roast: Conventional oven: 375 °F for 12 minutes Convection oven: 375 °F for 9 minutes When done, fish will flake easily with a fork.</p> <p>6. Critical Control Point: Hold at 135 °F or higher.</p>
*Fresh romaine lettuce, julienne sliced	1 lb 10 oz	3 qt 1/2 cup	3 lb 4 oz	1 gal 2 1/4 qt	<p>7. Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.</p>
Whole-grain tortillas, 8" (1.7 oz each)		50		100	
*Fresh avocados, sliced 1/4"	15 oz	50 slices	1 lb 14 oz	100 slices	
*Fresh limes	10 oz	50 quarters, about 14 limes	1 lb 14 oz	100 quarters, about 28 limes	<p>8. Cut limes into quarters.</p> <p>9. Cut wraps diagonally in half and serve.</p> <p>10. Portion 1 wrap (two halves).</p>

Notes

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

Liberty Middle School

Orlando, Florida

School Team Members

School Nutrition Professional: Sharon Springer

Chef: Ed Colleran (Executive Sous Chef, Universal Studios)

Community Member: Sarah Thornquest (Physical Education Teacher)

Students: Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

1/2 wrap (one half) provides: 1 1/4 oz equivalent meat, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 3/8 cup other vegetable, and 3/4 oz equivalent grains.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Red Cabbage	3 lb 12 oz	7 lb 8 oz
White Cabbage	3 lb 8 oz	7 lb
Carrots	3 lb 12 oz	7 lb 8 oz
Bok choy	2 lb	4 lb
Romaine Lettuce	2 lb 8 oz	5 lb
Avocados	1 lb 8 oz	3 lb
Limes	14	28

Serving	Yield	Volume
1 wrap (two halves) provides: 2 3/4 oz equivalent meat, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1 1/2 oz equivalent grains.	50 Servings: about 31 lb 8 oz 100 Servings: about 63 lb	50 Servings: about 4 gallons 50 wraps 100 Servings: about 8 gallons 100 wraps

Nutrients Per Serving					
Calories	341.64	Saturated Fat	1.5 g	Iron	2.55 mg
Protein	28.83 g	Cholesterol	50.42 mg	Calcium	69.44 mg
Carbohydrate	36.67 g	Vitamin A	6406.03 IU	Sodium	540.54 mg
Total Fat	10.1 g	Vitamin C	46.48 mg	Dietary Fiber	5.74 g